

## YOGA

Yoga is a lifestyle incorporating natural exercise, proper breathing, relaxation, meditation, and positive thinking that can dramatically increase the joys of your life. Wear comfortable clothes and bring a yoga mat to sit on.  
Save 20% when you register for two session-one classes or two session-two classes.

**REGISTRATION DEADLINE: ONE WEEK PRIOR TO THE START OF THE CLASS!!!!**  
**NO CLASSES: SEPTEMBER 12 - 16; October 20 & 21; NOVEMBER 21 - 25**

### Additional Payment Options:

4-Class Pass (must be used during ONE session only): \$44 (resident) \$66 (non-resident)  
Drop-In: \$14 per class (resident) \$21 per class (non-resident)

## MONDAY PM YOGA

Day: Mondays  
Date: Session I: September 5 - October 17 **Course Code: 16335**  
Session II: October 31 - December 12 **Course Code: 16336**  
Time: 5:45 p.m. - 7:00 p.m.  
Fee: \$60 per session (resident) \$90 per session (non-resident)  
Age: 16 & older  
Location: Activities House

## TUESDAY YOGA PILATES FUSION

A unique blend of core strength and flexibility. These classes will utilize yoga poses and fuse them with Pilates techniques. A total mind-body experience!

Day: Tuesdays  
Date: Session I: September 6 - October 18 **Course Code: 16337**  
Session II: November 1 - December 13 **Course Code: 16338**  
Time: 8:30 a.m. - 9:30 a.m.  
Fee: \$60 per session (resident) \$90 per session (non-resident)  
Age: 16 & older  
Location: Activities House

## THURSDAY YOGA PILATES FUSION

Day: Thursdays  
Date: Session I: September 8 - October 27 **Course Code: 16339**  
Session II: November 3 - December 15 **Course Code: 16340**  
Time: 8:30 a.m. - 9:30 a.m.  
Fee: \$60 per session (resident) \$90 per session (non-resident)  
Age: 16 & older  
Location: Activities House

## THURSDAY PM YOGA

Day: Thursdays  
Date: Session I: September 8 - October 27 **Course Code: 16341**  
Session II: November 3 - December 15 **Course Code: 16342**  
Time: 11:30 a.m. - 12:30 p.m.  
Fee: \$60 per session (resident) \$90 per session (non-resident)  
Age: 16 & older  
Location: Activities House

## ASHTANGA YOGA

Day: Fridays  
Date: Session I: September 9 - October 28 **Course Code: 16343**  
Session II: November 4 - December 16 **Course Code: 16344**  
Time: 8:45 a.m. - 10:15 a.m.  
Fee: \$60 per session (resident) \$90 per session (non-resident)  
Age: 16 & older  
Location: Activities House

## UNLIMITED YOGA

Day: Monday - Friday (attend any/all classes per session)  
Date: Session I: September 5 - October 28 **Course Code: 16345**  
Session II: October 31 - December 16 **Course Code: 16346**  
Time: Please refer to the times on the above individual class  
Fee: \$115 per session (resident) \$173 per session (non-resident)  
Age: 16 & older  
Location: Activities House



## PILATES

Designed to build and strengthen the body's core and stability. The powerhouse includes the spine, abdomen, back muscles, gluteus, inner/outer thighs, quads, and hamstrings. Classes will be scheduled upon request for Wednesday afternoons (8 or more students). Call the number below TODAY to be added to the interest list for an upcoming class.

## KARATE

This class offers physical fitness, flexibility, respect, dedication, self-confidence, perseverance, and self-defense. Kata, Kumite, Self-Defense, and Okinawa weapons are studied. Family rates apply!

Day: Tuesdays and Thursdays

Date: Session I: September 1 - 29

Session II: October 4 - 27

Session III: November 1 - 29

Session IV: December 1 - 15; January 17 - 31

**Course Code: 16347**

**Course Code: 16348**

**Course Code: 16349**

**Course Code: 16350**

Time: 7:15 p.m. - 8:45 p.m.

Fee: \$45 per session (resident) \$67.50 per session (non-resident)

Drop-in Fee: \$6 per class (resident) \$9 per class (non-resident)

Family Rate: \$40 (resident) when 2 or more register for the same session  
\$60 (non-resident)

Age: 15 & older

Location: Kiwanis Center



## TAI CHI

This Chinese art form of exercise reduces stress and tension while improving energy, endurance, balance, strength, and overall health. Through soft, slow-flowing movement and breathing, participants will learn to concentrate, thus reducing stress.

Day: Thursdays

Date: Session I: September 1 - 29

Session II: October 6 - 27

Session III: November 3 - December 1

**Course Code: 16351**

**Course Code: 16352**

**Course Code: 16353**

Time: 6:15 p.m. - 7:00 p.m.

Fee: \$40 per session (resident) \$60 per session (non-resident)

Age: 15 & older

Location: Kiwanis Center

## THE FILIPINO ART OF STICK FIGHTING

Learn the Filipino Art of Arnis, also known as Eskrima or Kali. This method and technique of self-defense will be taught to adults and youth as young as eight-years-old. The class includes a series of exercises and will teach self-defense and respect with an emphasis on safety.

Instruction will be offered throughout the year and will include the use of single and double sticks and the use of the sword, knife, and long pole.

Day: Tuesdays

Date: Session I: September 6 - 27

Session II: October 4 - 25

Session III: November 1 - 22

Session IV: December 6 - 27

**Course Code: 16354**

**Course Code: 16355**

**Course Code: 16356**

**Course Code: 16357**

Time: 6:00 p.m. - 7:00 p.m.

Fee: \$45 per session (resident) \$67.50 per session (non-resident)

Age: 8 & older

Location: Kiwanis Center Meeting Room

